

## Bugs Activities for Tuesday

### On the Move

#### Butterfly Wings

Spread your wings and role play as a beautiful butterfly.

Materials:

- Crib sheet, small tablecloth, large scarf, towel, etc.
- Large open space (indoor or outdoor)

Instructions:

1. Instruct your child to hold opposite ends of the cloth.
2. Show them how to pretend to “fly like a butterfly” as fast as they can, remembering to flap their wings as they go!

### Adventures Online

#### Belly Breathe

Practice the belly breathe technique for when you are feeling angry and upset.

<https://www.sesamestreet.org/videos?vid=1799>

After practicing the belly breathe technique give them a hug and talk about how that made them feel.

This will teach your child appropriate ways to express their emotions and validate their feelings.

### Sensory Time

#### Sensory Bottles

Sensory and science go hand in hand with these fun-to-explore sensory bottles.

Materials:

- 3 Empty soda bottles
- Plastic insects, large glitter, pebbles or other small objects they can pretend are bugs
- Oil (cooking or baby oil)
- Water
- Tape or hot glue

Instructions:

1. Fill a bottle  $\frac{3}{4}$  of the way with water.
2. Fill another bottle  $\frac{3}{4}$  of the way with oil.
3. The 3rd bottle will have no liquid.
4. Now put 3-4 plastic insects (plastic or pretend) in each bottle.
5. Screw the lids on tightly, secure with tape or hot glue.
6. Let your child explore the insects in the different bottles. Ask questions and help them compare the different bottles- Which moves slower? Which moves faster?

### Story Time

#### Ten Magic Butterflies

Ten flower friends have a night of excitement that mixes a little math with a lot of magic. As each flower turns into a butterfly, children will discover different ways to learn. Read along with guest host and author Danica McKellar as she reads her book Ten Magic Butterflies.

Read Aloud:

[https://www.youtube.com/watch?v=kBi\\_RoXKVo0&t=251s](https://www.youtube.com/watch?v=kBi_RoXKVo0&t=251s)

## *Arts and Creativity*

### **Butterfly Painting**

Your child will enjoy seeing their butterfly painting “emerge!”

Materials:

- Thin paper plate or paper
- Paint
- Paintbrush or popsicle stick

Instructions:

1. Fold the paper or thin paper plate in half.
2. If using a paintbrush, your child can “paint” on one side of the paper, but encourage your child to leave the other side paint-free. If not using a paintbrush, your child can mix the paint on one side of the paper with their fingers.
3. Have your child squish the paper or paper plate together and spread out the paint (they can normally feel the paint underneath)
4. Carefully (adult help is often required) open the paper and see what ‘butterfly’ emerges!